



Kukailimoku

War God Of King Kamehameha I - 154 COMPAG

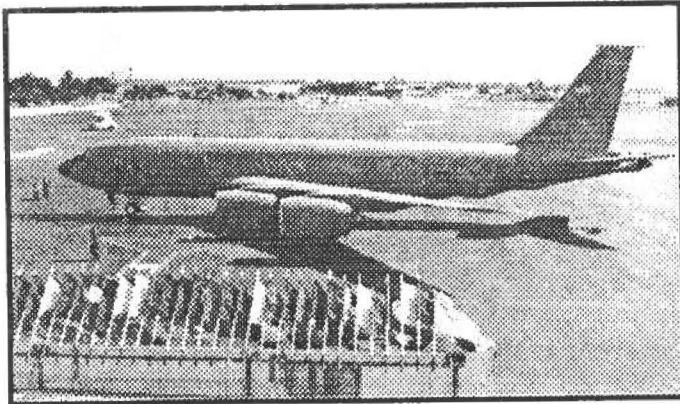
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Hickam Air Force Base
Hawaii

January 10, 1993

203rd Gets First KC-135R

by 2nd Lt. Gaye S. Sakamoto
edited and reprinted from the "Pupukahi"



Hoku 01 home on the ramp Photos by SSgt. Stephen Thomas

The first of five KC-135R Stratotankers that will become part of the Hawaii Air National Guard's newest squadron arrived at Hickam Air Force Base on December 4th. The refueling aircraft will be flown and maintained by the 203rd Air Refueling Squadron, which will be activated on February 12th.

Originally from Castle AFB in California, the KC-135R was flown to Hickam by Lt. Col. James M. Hussey, and his crew: Capt. Stephen L. Su'a-Filo, pilot; Maj. Edwin A. Vincent Jr., navigator; Tech. Sgt. Stephen V. Cid, boom operator; and maintenance crew members, MSgt. Vincent J. Ramos and SSgt. Michael J. McGann.

With a Hawaiian flag waving from the cockpit, the refueling aircraft taxied in before a cheering crowd of family and HIANG members. As it rolled to a stop, CMSgt. Jack W. Uhrig, production control superintendent, gave an enthusiastic thumbs up sign to the crew—mission accomplished!

They were greeted by Maj. Gen. Edward V.

Richardson, the adjutant general, Brig. Gen. Allen M. Mizumoto, HIANG commander, and Lt. Col. Walter K. Kaneakua Jr., 203rd ARS commander, before being presented flower leis by the welcoming crowd.

The 203rd ARS will be the only KC-135 refueling unit stationed in Hawaii. The squadron will be staffed by 112 full-time and 81 drill-status members. The 203rd is scheduled to receive another aircraft this month, two more in April and the last one in May.

The tankers will provide in-theater air-to-air refueling resources for the US Pacific Air Forces. In addition to refueling, the Stratotanker is capable of carrying up to 83,000 pounds of cargo and/or 60 personnel.

The KC-135R is a derivative of the Boeing 707. The aircraft was re-engined with a CFM 56 engine, giving it increased thrust and takeoff gross weight, an increased radius of operation, and a shorter takeoff distance. Other extensive modifications include stronger landing gear, a re-skinned aircraft surface, greater fuel efficiency, and a decreased noise footprint.

Capt. Su'a-Filo, a Kahuku High School graduate, commented, "This is only the first of many to come. I am sure nothing but success will come out of this squadron."



Hoku 01 Aircraft Commander Lt. Col. Hussey is greeted by squadron mates

COMMANDER'S CORNER



By: Col Michael H. Tice

1992 has come and gone, and due mostly to Phase I of our Operational Readiness Inspection over the December UTA, I failed to properly acknowledge everyone for the tremendous job that was done last year. Reflecting back on the highlights, its easy to see why there was never a lack of something to do.

The activation of the 154th Air Control Squadron on Kauai continued on track and they controlled their first jets using the TPS-75 radar. Here on Oahu, the 203rd Air Refueling Squadron grew in size and not only moved into permanent facilities, but received their first KC-135R aircraft, as well. In the F-15 community, our original jets were all traded out for newer models that had undergone the Multi-Stage Improvement Program (MSIP) series of upgrades making the F-15A a more formidable fighter. The 154th Tactical Hospital underwent an in-depth Health Services Readiness Inspection (HSRI) and achieved solid scores while the Civil Engineering Squadron began a comprehensive reorganization. Hurricane Iniki struck and many members of the 154th COMPG were pressed into service in support of the relief effort. All the while we prepared for the December ORI; and though the formal scores haven't been issued yet, we stood tall. Phase 2, rescheduled from this UTA, will continue to be high on the 154th COMPG priority list as we make our way into 1993.

The continuing activation of our new units, a reorganization of the 154th COMPG to more closely align us with the new Air Force structure, and steps to begin activation for our (hopefully soon to be announced) air rescue squadron top the list for the coming year. It's going to be another exciting and challenging one, and the phrase, "Never a Dull Moment!" will pretty well describe life in the unit.

My thanks to you and your families for making 1992 one of our most memorable and successful years. Without your dedication and commitment we simply couldn't have made it all happen. Hauoli Makahiki Hou!

Legal Line

by Maj. Stanley Kopacz, Jr., Office of the Staff Judge Advocate

Dangers of Co-signing

Never co-sign a loan. When you co-sign, your friend does not obtain a personal loan from you; instead, he borrows money from a third party, such as a bank, credit union, or loan company. At the time, you are only required to place your signature on the face of a piece of paper entitled, "NOTE," but the consequences can be disastrous. It is easy to co-sign because you are not required to give up any of your valuable assets at the moment, and it doesn't cost you a penny...at the moment. Later, if the borrower fails to pay, the co-signer is expected to pay.

Many people have co-signed without knowing what might result. Some may have thought that they were only acting as a witness; others may have suspected that they could be required to pay, but only under remote circumstances.

The true status of the co-signer is almost that of the borrower. The note usually says, "We, jointly and severally, promise to pay..." If your friend, the borrower, does not pay as set forth in the note, you may be required to pay for him. And, by that time, he may be out of the service and/or thousands of miles away. If you are unwilling to pay if he doesn't, you should not sign.

You may have a legal right to recover losses from your "friend," but this can be very difficult and impractical to do. If it were easy, you would not have been called on to pay in the first place. Don't be fooled by the innocent sound of the word "co-sign." By co-signing, you become a debtor on the note just as the borrower is, and you have the same responsibility to see that the debt is paid.

Remember, if the borrower's credit was good enough, he or she wouldn't need yours. Should you take a greater risk than the lender who makes a profit by lending? See us if you have questions on this. Our office number is 449-7729.

Congratulations

Kudos to Maj. Stan Kopacz, Jr., Staff Judge Advocate, who was honored Friday night at a dinner for Hickam's outstanding personnel of the year. Stan was nominated as Outstanding Non-supervisory Civilian for 1992. He was presented a certificate of appreciation by the 15th Air Base Wing Commander, Colonel William C. Van Meter.

PERSPECTIVE

A S T O R S'



By Captain (Capt) Robert Nagamihe

I hope that 1993 will be the year of the underdog. Two good reasons for this: (1) the underdog needs an opportunity to have things turn around for the better, and (2) many of us can identify with the underdog.

For the most part, last year we saw the underdog struggle. The people of Somalia were the underdogs, and they were losing the battle to get their people fed. Their warring factions were destroying their country, and in famine conditions, thousands upon thousands died. It was only at the end of the year when things started to improve for them. Our military came into that country to restore peace and order, and food supplies got to starving people. On our national front, we seem to be losing the battle. Our growing budget deficit tells us that we are on a sinking ship. Many felt the strong blows of Defense cuts, but fortunately they weren't always knockout punches. Our Recession hit our tourist industry hard, but Hurricane Iniki hit Kauai harder. Our homeless population continues to grow. Last year, it was pointed out that many people are a pay check away from living on the street.

Sounds depressing? It sure does, when there is no hope. But here is hope, and we can pray for the underdog.

Let's hope and pray that this year great things will happen for the underdog. With peace and order shaping up for Somalia, things are looking hopeful for that country. Let's hope that Congress will be able to do some positive things to stop the bleeding of our deficit problem and that Defense cuts will be carefully planned, directed and executed. Let's pray that our country will be able to weather the storm of our economic recovery, Hurricane Iniki victims will continue to walk the road of recovery, and our homeless population will decrease.

History tells us that there is hope for the underdog. If Napoleon graduated 42nd in a class of 43 but made history by conquering Europe, then there is hope. If Japan could come out of the ruins of World War II and become an economic power, then our country, the "Sleeping Giant," can revitalize its economy. If the University of Hawaii football team, which was a preseason 8th pick in the WAC conference, became the WAC Champion, Holiday Bowl Champion, have a record of 11 wins with only 2 losses and a national ranking of 20th in the AP and CNN polls, then there is hope.

Let's hope and pray that this year will be the year of the underdog! Let's keep on believing that with God, great things are always possible and do happen!

Interdenominational Worship Service

How about getting your Sunday UTA off to a great Start? An interdenominational worship service is held every Sunday UTA at 8:00 am in the Group Dining Room. And it is open to everyone. See you there!

For the Family

During our hurricane relief effort to Kauai in September, our family support group members were an important part of our team in helping our family and friends on Kauai. After our Hurricane Iniki experience, perhaps your spouse or family member might be more interested in joining a family support group. Let me give you some general information on family support groups.

A family support group is a group of volunteer spouses or family members of both enlisted and officer personnel. It is organized to help support families. Especially when our unit is called to active duty, or if there is a need, family support group members can be there to support one another.

Every family support group decides for itself what it wants to accomplish, according to its needs. However, here are some general purposes of a group: (1) to increase knowledge among family members regarding the obligations and benefits of Guard members, (2) to create a bonding among Guard families, (3) to create an information and communications network that will assist family members while their spouses are mobilized, on annual training, or on some other type of separation, and (4) to provide feedback to its squadron on family member concerns and ideas.

How much time will it involve if your spouse or family member joins a group? It all depends on the individual group. However, generally it won't require lots of time. Each group decides how involved it wants to be.

If your spouse or family member is interested in joining a family support group, contact your unit.



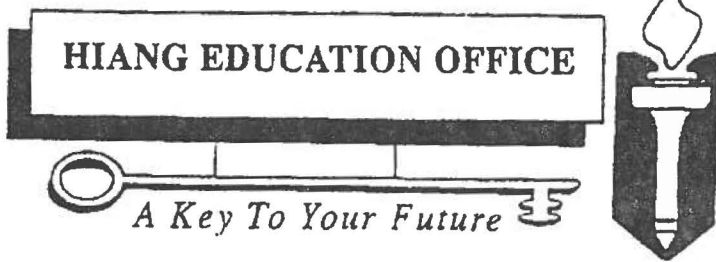
Hauoli Makahiki Hou!!! Happy New Year!!! Kung Hee Fat Choy!!! And now a word from our Commander and staff... "The OM Branch would like to wish all of you a happy and prosperous New Year." (SMSgt. Roy Kuwana, Organizational Maintenance Branch Chief); "The men and women of the Field Maintenance Branch would like to wish everyone an outstanding 1993." (Maj. Dave Snakenberg, Field Maintenance Branch Chief); "The Avionics Maintenance Branch wishes everyone and their families a happy and prosperous 1993 and many happy returns." (CMSgt. Melvyn Taira, Avionics Maintenance Branch Chief); "Happy holidays and every wish for a prosperous New Year from the Munitions Maintenance Branch." (CMSgt. Thomas Hirao, Munitions Maintenance Branch Chief); "Much thanks for all the support this past year, especially during the ORI. Wish all of you a successful 1993, even better than last year." (MSgt. Wayne Okabe, Programs & Mobility NCOIC); "Wishing you all a prosperous New Year." (SMSgt. Doug Abe, 1st Sgt); "Thanks to everyone for all the help and support this past year. Look forward to your continued support this New Year." (TSgt. Yvette Miraflor); "Much thanks and aloha to everyone for making my first full year a success. Look forward to working with you all again this New Year; and hope that 1993 will be even better." (MSgt. Lester Ho); "The folks of the Maintenance Control section would like to wish you all a happy and prosperous New Year." (Maj. Terry Hudson, Maintenance Control OIC); "Much mahalo and aloha to all who helped to make my job easier. Hope you all have a great 1993." (MSgt. Fred Higa); "I would like to thank everyone for the contributions they made during CY 1992. Teamwork is what got us through the last year, and your continued support will ensure 1993 will be even better for us. My wife and family join me in wishing everyone a great 1993 and hope that you will find success in whatever you undertake....Lt. Col. Mick Melich, Commander)....And now for news of the Squadron...Would like to welcome back 2Lt. Stan Domen as he recently returned from AMS in Tennessee as the Admin OIC. Kudo's to Lt. Domen who finished in the top 5 of his class; in fact, he was at the top of his class on graduation day

as he was selected as the class Distinguished Graduate. Speaking of the Admin office, congrats to SrA Jennifer Dunne and husband Mike on the birth of son Jerod. The welcome back mat also goes out to SSgt's Miles Nakamura and Michael Matsuura as they just returned from the NCO Academy in Tennessee. Kudos are in order for Michael as he was also selected as a Distinguished Graduate for his class. Both are from the Flight Line...Just returning from BMT and tech school to join his comrades in the Gun Shop is AB Travis Okazaki...Aloha and mahalo goes to SSgt. John Enos who has transferred to the 203rd ARS and is presently at AMS in Tennessee so that he can become the Intelligence officer for the 203rd...The Engine Shop welcomes SSgt. Brian Tolentino as he has transferred from the Air Force to join the ranks of the best...SSgt. Mark Coulbourne left on January 1st to attend the NCO Academy in Tennessee. He should be back about the middle of January. Good luck to MSgt. Melvin Ige who has decided to transfer to the 203rd ARS Quality Assurance office. Welcome to Sgt. Richard Castaneda as he has been hired to fill Mel's full time position...TSgt. Gay Ross and SSgt. Yolanda Kawano will be attending the Engine Shop Chief and Trackers confab to be held in Jacksonville, Florida, this month. Congrats to Sgt. Roy Hayamoto and wife on the birth on their 6 lb baby girl born on New Year's eve!!!! Almost made it, huh? Good luck to MSgt. Thomas Araki of the Quality Assurance office as he recently retired from the technician force after 35 years. Have fun, Tommy! TSgt. Gordon Lau of the same office is in Tennessee (with

Mark) attending the NCO Academy...The R&R shop welcomes SSgt. Robert Garcia as he joins their section as a full-time technician. Good luck to SSgt. Anthony Guerrero as he transfers from the R&R shop to work for the 203rd ARS...The Electric shop welcomes Sgt. Aaron Silva and SrA Howard Duarte to their technician ranks...Aloha and mahalo goes to TSgt. Gary Mau as he transfers from the Avionics PMEL lab to go to the 203rd ARS. He'll be going to 'boomer school' soon. Good luck goes to Sgt. Bret Foster as he has decided to hang up his BDU's for the last time after 7 years in the Avionics ESS section. The Automatic Test Station folks are patiently awaiting the arrival of their new modernized display test station this month...Congrats to the most recent promotees for the CAM Sq:

TSgt Gordon Lau
SrA Kathy Higgins
SrA Carol Kashiwabara
SrA Arlene Palakiko

Wear 'em with pride. Don't forget to get in touch with your section/branch POC's if you want to



Asbestos in the HIANG

by Captain Mike Compton, Environmental Management Office

Test your knowledge of asbestos with this question:

Q: If heavy exposure to asbestos increases your chance of lung cancer by 5 times and smoking increases your chances by 10 times, what is the increase of lung cancer if you have both?

This article is meant to inform all personnel of the 154 COMPG where asbestos is located. This is part of our efforts to de-mystify asbestos, increase awareness of hazards, and minimize their effects.

Asbestos is a naturally occurring rock that is fireproof, strong and sound absorbing. It was once thought of as harmless and an outstanding building material. Asbestos was commonly put in the high quality building materials installed from 1940 to 1990. However, we now know that long term exposure to high concentrations of asbestos dust increases your chances of getting lung cancer. Since asbestos dust can not be sensed, it has caused a lot of fear.

The crux of the asbestos problem is it can be broken into very small fibers that can float like a gas and be inhaled into the lungs. In the lungs, the fiber irritates the lung lining, not unlike smoke. This can eventually lead to cancer. Asbestos has not been banned, in fact, it is still widely used in brake shoes and commercial beer filters. In general, asbestos is not hazardous unless microscopic sized fibers are released into a contained area.

Since 1986, the guard has not allowed asbestos containing materials to be used in guard buildings. It also started a program to manage the existing asbestos. The program consists of inspections and air samples. We regularly take air samples of rooms and buildings where we suspect an asbestos risk. The National Guard Bureau has also tested most of the HIANG buildings for asbestos. The results of the NGB testing is summarized below.

Building	Room	Material
3061	Exterior	Siding
3067	Exterior	Siding
3400	Hanger Interior Roof	Fireproofing Coating
	Lean-To B, 3rd Flr Mech Rm	Damper Cloth, Duct Insulation
	Throughout Building	Floor Tile
	Utility Rm in Dining Rm	Duct Insulation
3415	Throughout Building	Hot Water Insulation
	Throughout Building	Floor Tile
	Throughout Building	Wall Board
3440	Disaster Preparedness	Floor Tile
	Social Actions	Ceiling Tile
1055	Throughout Building	Floor Tile
2030	Bathrooms	Hot Water Pipe Insulation
	Throughout Building	Floor Tile
Kekaha	Throughout Building	Floor Tile

Members with six years of service in the HIANG are eligible for the Veteran Administration's (VA) loan guaranty benefit. Individuals no longer in the HIANG must have served at least six years and received an honorable discharge. The program is authorized until October 28, 1999 unless changed by law.

Reservists utilizing the program are required to pay a funding fee:

- a. 2% on a no-down payment loan.
- b. 1% manufactured home loan.
- c. .5% interest rate reduction refinancing loans and assumptions

Those eligible must make their own arrangements for loans through the usual lending channels such as banks, saving and loan associations, building and loan associations, and mortgage loan companies. The VA now permits veterans to negotiate interest rates on VA-guaranteed home loans with lenders.

Members may obtain confirmation of the minimum six years satisfactory service from the Customer Service Branch in CBPO. Limited applications are available from the Career and Education Office.

Drill status job opening - An E-6 (TSgt) drill status 732X0 position is available at the 154th Composite Group. Qualified applicants may contact Lt. Col. Hastings at 449-7732.

Invitation to attend an educational briefing - Mr. Robert L. Dixon, Embry-Riddle Aeronautical University, Center Director, will give an educational student recruitment briefing to interested HIANG members on February 7, 1993 (Sunday) 12:30 - 1:30pm, in CAMS Classroom #4. This session may convince you to want to earn a college degree in your occupational field of interest, while serving in the Hawaii Air National Guard.

Interested members may call the Career and Education Office at 449-7794 to reserve a seat.

CUSTOMER SERVICE HOURS

Monday-Friday 7:30am - 4:00pm

UTA 9:00am - 3:00pm

CAREER KOKUA HOURS

Monday-Friday 2:00pm - 3:00pm or by appointment

UTA 11:30am - 12:30pm or by appointment

LOCATION

Building 3415, 2nd Floor, CBPO,PHONE: 449-7794

Social Actions

by TSgt. Carswell Ross

SUBSTANCE ABUSE: NEW REPORT RAISES CONCERNS

Drug-Free Hawaii, the newsletter of the Coalition for a Drug-Free Hawaii, reports that a major tool for tracking substance abuse in people over 18 years has made its debut. This tool is called the Hawaii Behavioral Health Survey, 1991. The survey reports that approximately 40% of those interviewed drink alcohol, 27% are social drinkers while an equal percentage are heavy, chronic or binge drinkers. The report has good news for individuals and organizations that believe that prevention through education is a way to address the drug abuse problem. More than 70% of the survey population have never used marijuana and a whopping 94% have never used any drug other than marijuana.

West Hawaii reports the highest rates of heavy drinkers and signs of alcoholism, marijuana use, smoking and other drug use. Windward Oahu and the Waianae Coast also rank high in heavy drug use. Current resources are only sufficient to maintain the status quo according to the report. "We need to take this data and package it and get it out to others...such as the legislators," said John Lewin, MD, director of health. The report indicates that at least 34,000 residents are in need of help and that the state is not equipped to deal with all of them, said Dr. Lewin. "We have to see this as a public and private venture." Recommendations include stable resources for comprehensive community-based programs, training of staff and upgrading of existing facilities as well as monitoring the use alcohol and drugs in Hawaii.

What can we do? Join the 27% of social drinkers or the majority population of non-drinkers (60%). Speak out against drug abuse and alcohol mis-use. Remind our friends, relatives, and acquaintances that it's o.k. to know when to say when and that friends don't let friends drive drunk. This may sound like a commercial but these sayings can save lives - your life.

Visit your social actions office to learn more about this topic or human relations.

Promotions

Hats off to the following individuals who were promoted/appointed to the ranks shown effective on the dates indicated:

150 ACWS (FXD)	
MSGT MILTON S. YAMAMOTO	16 NOV 92
MSGT ROY H. SUNADA	16 NOV 92
154 CAMS	
SMSGT RONALD K. MURONAGA	16 NOV92
MSGT TIMOTHY H.K.L. YOUNG	16 NOV 92
TSGT CAROL S. YAMAGUCHI	16 NOV 92
TSGT CHARLES K. MCKEE JR.	16 NOV 92
TSGT DOUGLAS T. DO	16 NOV 92
SSGT JOHN F. LAGUANA	16 NOV 92
SSGT ROBERT J. JOY JR	16 NOV 92
SSGT STUART K. HINO	16 NOV 92
SSGT DWAYNE D. FONG	16 NOV 92
SSGT ROBERT M. FABRIGAS	16 NOV 92
SRA KATHRYN M. HIGGINS	21 DEC 92
SRA ARLENE R. PALAKIKO	09 JAN 93
SRA SHELDON R. SMITH	21 DEC 92
A1C RAM R. KOBASHIGAWA	21 DEC 92
A1C GLENN B. MENDOZA	21 DEC 92
154 SPF	
SRA JONATHAN A.K. SILVA	11 DEC 92
154 CES	
CMSGT JOSEPH J. KAAIKAULA	16 NOV 92
SRA NEIL N. YONAMINE	16 NOV 92
A1C GARRISS N.L. AKIONA	16 NOV 92
154 MSF	
MSGT DONNA E. VON	16 NOV 92
MSGT SOLOMON V. FORD	16 NOV 92
TSGT DAVID F. MCCULLOCH	16 NOV 92
154 SVF	
MSGT GARY W.F. WAT	16 NOV 92
MSGT JEFFREY S. CAMARA	16 NOV 92
154 TAC HOSP	
SRA SEAN S. CHUN	19 NOV 92
A1C MICHAEL J.R. SALVADOR	19 NOV 92
154 ACS	
A1C SHANE R. TANIOKA	01 DEC 92
169 ACWS (FXD)	
SMSGT EDWIN T. DOI	16 NOV 92
MSGT HERBERT K. PADELLO	16 NOV 92
TSGT CRAIG A. SULLIVAN	16 NOV 92
TSGT BRUCE H. LEONIDA	16 DEC 92
SSGT KEVIN T. FUKUDA	16 NOV 92
199 WF	
TSGT SCOT S. FUJIOKA	16 DEC 92

NEXT UTA

February 6th and 7th

CBPO Connection

by MSgt. Iris Kabazawa

A recent change authorizing wear of the aircrew style name patch (ASNP) on battle dress uniforms has raised some questions. Additional funding for the purchase and issuance of the ASNP has not been provided. The wear of the ASNP was authorized on April 15, 1992 and currently must be purchased by unit members. Mandatory wear date is October 1, 1995. Cost of the ASNP is approximately \$7 for a set of two patches and the velcro backing. The following information is provided as a guide:

Name, rank, and service will be centered and blocked on the patch; i.e., underneath the first letter of the initial name will begin the first letter of the member's rank. The 'F' in USAF will fall under the last letter of the last name.

Last names containing numerous letters may be extended onto the line below. This is not considered a third line. No waiver is required.

Authorized initial names include: first name, initial, abbreviated first name or nickname. Members who use their middle name in place of their first name may have that name printed on the patch, however, it must be an acceptable name--no call signs. For example, Robert James Smith may use his initial names 1) Robert 2) Bob, 3) R.J., 4) Rob, 5) Bobby 6) James, or 7) Jim. Unacceptable nicknames would be Ace, Speedy, Flash, etc.

Members who are awarded badges that are configured in a vertical position will have the badge embossed on the wearer's right, i.e., placed before the rank.

Officers must wear shiny grade insignia on the BDU cap. During deployment or in field conditions, officers must wear subdued rank.

SGLI: If you have not yet completed your new SGLI form, please see your unit Personnel or Administrative Specialist or come into CBPO at your earliest convenience. Whether you elect to purchase the additional coverage or not, you must complete the new form. Remember, after March, a statement of health will be required if electing additional coverage.

ID Cards: Some of you have been misled to believe that you can go direct to Security Police for an ID Card. If you need a new ID Card, you must report to CBPO Records Section for an application before reporting to the Security Police. Give us a call prior to coming down in case we need you to bring in specific documents.

LOD and Misconduct Determinations

(ANGR 35-67)

Injuries and diseases are real threats in the complex environment of the Hawaii Air National Guard. Do you know what to do if an injury or disease should afflict you when you are in a military duty status? If you don't, ask your commander. Proper reporting and processing is important to ensure your eligibility for medical and dental care; for incapacitation pay and allowances; and that payment of authorized civilian medical/dental expenses are not jeopardized.

It is your responsibility to notify your supervisor and the 154 TAC HOSP of an injury or disease incurred while in a duty status. (LOD) and Misconduct determination process. This process is not as bad as it sounds. The determination is to verify that the disease or injury occurred while on a duty status. However, without this determination you jeopardize your rights and compensation for your disease or injury.

Depending on your location at the time of your injury/disease, you may be treated first at a place other than the 154 TAC HOSP, including treatment at an other service's medical facilities and treatment by civilian physicians. Be aware, however, that follow-up visits to civilian physicians are not covered if a military medical facility is available. In all cases, report your injury/disease to your supervisor and the 154 TAC HOSP and receive proper advice and guidance.

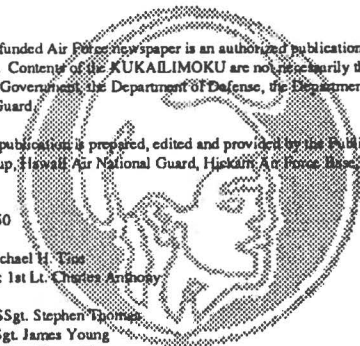
KUKAILIMOKU

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Beeline

by TSgt. Laura Masuda,
Bioenvironmental Eng Svcs

Contact Lenses in Industry

More and more people find wearing contact lenses to be appealing and convenient. Many are used to correct myopia or nearsightedness and the rest for other visual impairment. However, contact lenses can cause eye discomfort when lens hygiene is not followed. Infection can occur or foreign particles can get into the eye. Some major culprits are dirty fingers, make-up, mechanical stress, and the accumulations of foreign bodies (microbes) on the lens. Wash your hands before touching contact lenses.

On the job, the employer should indentify contact wearers for appropriate emergency care and protection in work areas hazardous to the eyes. Follow regulations and policies that dictate the wearing of contact lenses on the job. Define areas where contacts are not allowed or where a specific type of eye protection is required. Develop emergency first-aid procedures for contact lens wearers. Be sure that someone is trained to remove the lenses.

Shotline

by Capt. Adele Auyong

Happy New Year! The Tac Hospital wishes to extend a warm welcome to A1C Bullock.

Also, congratulations to Chief Robert Chun, Lt. Col. Patrick Nam and Lt. Col. Wesley Young on their promotions, and on a great promotion party - Nice Job! Also, we bid a fond farewell to TSgt George Yonamine who has put in his time and is now retiring. He will especially be missed in the immunization section.

Healthful Hints: Nine ways to make your New Year's Resolutions "fail-proof."

1) Cut your lofty goals in half. Do you want to lose 4 lbs a week? Try for 2 lbs, instead. Do you want to exercise 1 hour a day? Try 30 minutes a day. Make goals you know you can reach without too much trouble...you can always extend them later.

2) Be specific about your goals instead of saying "I have to lose weight," try saying "I will lose 2 lbs of fat a week until I reach my goal of ____ lbs.

3) Write down how you will fulfill your goal. Think carefully about past achievements and slip-

ups, and list 10-20 ways to accomplish each goal. Also, write down what you will do if you slip-up so you can get back on track quickly.

4) Don't make too many resolutions. Concentrate on 1-2 areas that you want to change.

5) Keep goals realistic. Make bite size goals and reward yourself for small successes.

6) Consider finding a partner with the same resolutions for moral support.

7) Think of each day as a new beginning. Take each resolution on a 24 hour basis.

GOOD LUCK _____

Dental Note: The Trivial Tooth. Did you know that ancient Mayans put gems (inlays of jade) in their teeth.

Also, at country fairs in the middle ages, skilled dental experts wore chains of teeth they had extracted from people. The bigger the chain, the more teeth extracted showing the skill of the extractor.

Menu

Baked Chicken with gravy
Rice
Cooked Vegetables
Salad Bar
Hamburger and Fries

FULLTIME EMPLOYMENT AVAILABLE WITH THE HAWAII AIR NATIONAL GUARD

These are the current vacant federal civil service positions open for recruitment. You can read more about the position by checking with your orderly room for complete details or see TSgt. Phillips, Bldg 3400, Room 210, Monday-Friday.

JUA#	POSITION	GRADE	CLOSING DATE	LOCATION
FY93-035	AIR TRAFFIC ASSISTANT	GS04-07	11 JAN 93	WHEELER (169)
FY93-038	ELECTRONICS MECH FOREMAN	WS-09/AGR	12 JAN 93	HICKAM (203)
FY93-045	ACFT PNEUDRAULICS SYS MECH	WG-10/AGR	19 JAN 93	HICKAM (203)
FY93-046	QUALITY ASSURANCE SPECIALIST	GS-09/AGR	12 JAN 93	HILO (291)
FY93-047	AIR OPERATIONS TECHNICIAN	GS05-07/AGR	14 JAN 93	HICKAM (CG)
FY93-048	MATERIALS HANDLER	WG-06	14 JAN 93	HICKAM (AMS)
FY93-050	SUPVY TRANSPORTATION SPECL	GS-08/AGR	21 JAN 93	HICKAM (AMS)
FY93-051	ADMINISTRATIVE OFFICER	GS-11/AGR	22 JAN 93	HICKAM (201)
FY93-052	AIR TRAFFIC CONT SPECL (TERM)	GS-10	09 FEB 93	HICKAM (201)

ANGNCOAGA

by SMSgt. Ken Sonan

Chapter 18 is planning to participate in the Business and Industry Day at the Academy, McGhee Tyson AB, Knoxville, Tennessee during September 1993. Those interested should call MSgt. Craig Harimoto at 449-5016.

TSgt. Jacqueline Jakahi at 449-3812 is collecting membership dues for 1993. All NCOA and Leadership school graduates are encouraged to join this Chapter.

CPR Instructor Classes

Classes are scheduled for recertification of current HIANG instructors on March 7, 1993. Also, for anyone interested in being newly certified in CPR, there's a class scheduled on February 6 and 7, 1993. These classes are AHA certified. Please register by calling the 154 TAC HOSP. POC is 1Lt. Dennis Alvaro or CMSgt. Shimabukuro at 449-2461.

New CPR Instructor Class: February 6-7, 1993

Place: CRC Classroom

Time: 8:00am - 4:00pm

Requirements: Current BLS/C certification

Registration Deadline: January 10, 1993

Instructor Recertification Class: March 7, 1993

Place: CRC Classroom

Time: 8:00am - 4:00pm

Requirement: Current BLS/I certification

Registration Deadline: February 7, 1993

All HIANG American Heart Association Basic Life Support Instructors have been granted and extended for recertification through April 1993 by the BLS Affiliate Faculty of the Hawaii Affiliate. Any questions, call Lt. Col. Fadrowsky at 377-5382.

Operational Readiness Inspection (ORI), Phase 2

Phase 2 of the 154th COMPG ORI has been rescheduled to March 5-7, 1993. Friday, March 5, prior to the UTA weekend, is designated an annual training day for all 154th COMPG members. Excusal authority rests with unit commanders. We were ready for Phase 2 in January, but unfortunately, it was postponed. Let's stay "peaked"; our goal remains an overall EXCELLENT.

CAMNEWS continued from page 4

participate in throwing a promotion party on April 4. See SMSgt. Doug Abe or your branch chief for information. If anyone from other squadrons would like to join us, call Doug at 449-7844 for details...Much thanks and aloha to the people who put the SS Constitution cruise together as everyone who participated had a great time. The people of Kauai got to thank those military members who helped in the clean up effort of the Garden Isle. Hope there's another 'good thing' cruise offered again...Well, I hope I got all the news in this month since I was skosh for news last month...Til next issue..... "The quality of a man's life is in direct proportion to his commitment to excellence, regardless of his chosen field of endeavor." (Vince Lombardi)...fhiga

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Royal Guard
.....
Mandatory Practice
.....
January 10, 1993 Time: 2:00pm
Makai Side of Bldg 3415
.....
.....

Asbestos Continued from 5

Barbers Point, Barking Sands, Kahului, and Hilo were all tested and determined to be asbestos free.

Note: Roofing materials frequently contain asbestos but these were not tested since they do not contribute fibers to interior spaces.

Asbestos causes no inherent problems if it is in good condition and not releasing any fibers. In some cases it is necessary to remove asbestos. Hickam has removed it from those buildings where our construction projects could disturb it. Also, the asbestos on the hanger roof is scheduled for removal in FY 94, at a cost of over a million dollars.

If you are interested in learning more about asbestos, the EMO will be giving an asbestos awareness class on January 15 in the CAMS classroom at 12:00pm.

As part of our ongoing asbestos management program, anyone who discovers damaged material which they suspect as asbestos, should report it to the Environmental Management Office at 449-5711. Please call Captain Mike Compton or Jon Ito if you have questions or want to see the asbestos reports.

Answer to question: Long-term asbestos exposure and smoking increases cancer risk by 50 to 90 times. The combination greatly increases the irritation to lung tissue. The good news is the risk of lung cancer decreases dramatically among those who stop smoking.

SGLI INCREASE



SIGN-UP THIS WEEKEND

154CES MEZZANINE

SATURDAY 0815-0900

154SPF TRNG ROOM

SATURDAY 0900-0930

154CAMS CLASSROOM 3

SATURDAY 0930-1100

SUNDAY 1200-1330

